

## Minneapolis VA Health Care System Parkinson's Disease Virtual Wellness Groups Master Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Flex & Stretch 10:00-11:00 a.m. Emily	Wellness I 10:00-11:00 a.m. Steph	Wellness II 10:00-11:00 a.m. Hillari	Flex & Stretch 10:00-11:00 a.m. Hillari	
	LOUD Crowd®2 1:00-2:00 p.m. Jen	LOUD Crowd®2 11:00 a.m.-noon Christy	Chair Yoga w/ Hillari 11:00 a.m.-noon	LOUD Crowd®2 1:00-2:00 p.m. Jen
PWRI® Moves 2:00-3:00 p.m. Hillari			LOUD Crowd®1 1:00-2:00 p.m. Christy	Wellness II 2:00-3:00 p.m. Hillari
			Wellness I 2:00-3:00 p.m. Emily	

### Class Descriptions

- **Wellness I:** Exercise with high intensity and strength training intervals for a great total body workout. Modified exercises given for sitting and standing. **All levels.**
- **Wellness II:** Exercise with high intensity and strength training intervals for a total body workout. Must be able to easily transfer down and up from the floor.
- **PWR!® Moves:** A Parkinson-specific exercise class that “makes function exercise” to keep you moving and doing more of what you want to do! You will be challenged physically and cognitively with exercises to improve fitness, counteract your PD symptoms and increase your daily activity. **All levels.**
- **Flex & Stretch:** Gain strength and flexibility in this class. **All levels.**
- **Instructor's Choice:** Surprise! Your PT chooses the workout for the day. Strength training, cardio, boxing, intervals, etc. **All levels.**
- **Chair Yoga:** Enjoy mindfulness, flexibility, balance and strength work from a seated and/or standing position. **All levels.**
- **LOUD Crowd®1:** Practice effective communication by “Speaking with Intent,” for those that need a little extra help or time.
- **LOUD Crowd®2:** Practice effective communication by “Speaking with Intent.”

**Classes are taught by trained physical and speech therapists. Talk to your therapist about which classes are right for you!**